**Iechyd a Diogelwch / *Health and Safety***

Cyflwyniad

Erbyn hyn, mae iechyd a diogelwch wedi dod yn rhan hanfodol bwysig o unrhyw weithgaredd yn y gweithle. Ond mae’n wir dweud bod yr angen am reolau iechyd a diogelwch wedi bod o gwmpas ers sawl degawd bellach.

*Introduction*

*By today, health and safety has become an essentially important part of any workplace activity. However, it is true to say that the need for health and safety rules has been around for several decades.*

Dyma ran o’r ddeddf Iechyd a Diogelwch 1974

‘Deddf ydyw i sicrhau ymhellach ddiogelwch a lles pobl yn y gweithle, i amddiffyn eraill rhag risgiau i’w hiechyd a diogelwch o ganlyniad i weithredoedd y person sy’n gweithio, i reoli defnydd ac i atal pryniant anghyfreithlon, meddiant a defnydd deunyddiau perygl, ac i reoli allyriadau penodol i’r amgylchedd’

Here is part of the 1974 Health and Safety Act

*‘An Act to make further provision for securing the health, safety and welfare of persons at work, for protecting others against risks to health or safety in connection with the activities of persons at work, for controlling the keeping and use and preventing the unlawful acquisition, possession and use of dangerous substances, and for controlling certain emissions into the atmosphere’*

Y ddeddf uchod yw’r un o’r rhai pwysicaf yn hanes iechyd a diogelwch yn y gweithle. Er bod rhai mân newidiadau wedi bod dros y blynyddoedd, mae’r ddeddf yr un mor berthnasol heddiw ag erioed. Yn wir hon yw’r ‘ddeddf ymbarél’ sy’n ymgorffori a chynnwys cymaint o ddeddfau diogelwch eraill.

*The above act is one of the most important in the history of health and safety in the workplace. Although there have been minor changes over the years, the act is still as relevant today as ever. Indeed this Act could be seen as the ‘umbrella act’ which covers and includes so many other safety acts.*

Cwestiynau */ Questions*

1. Gan bwy ac ym mhle mae Deddf tebyg i’r un uchod yn cael ei phasio?
2. *By whom and where is an Act similar to the one above passed?*

2. Iechyd a diogelwch pwy mae’r ddeddf yn anelu i’w diogelu?

*2. Whose health and safety does the act aim to protect?*

3.Mae’r ddeddf yn cyfeirio at ‘eraill*’*. Pwy allai’r rhain fod?

*3. The act refers to ‘others’. Who could these be?*

4. Beth yw ystyr ‘*ennill/caffaeliad’*’?

*4. What is the meaning of ‘acquisition’?*

5. Beth allai ‘*sylweddau peryglus’*  fod yn cyfeirio tuag ato yn y gweithle? Rhowch enghreifftiau

*5. What could ‘dangerous substances’ be referring to in the workplace? Give examples.*

6. Beth yw ystyr ‘*gollyngiadau’*? Eto rhowch enghreifftiau addas yn y gweithle

*6. What is the meaning of emissions? Again give relevant workplace examples*

7. Yn aml, gelwir y ddeddf uchod yn HASAWA?

Beth yw’r rheswm dros hyn?

*7. The above act is often referred to as HASAWA?*

*Can you work out the reason for this?*

8. Pe byddech yn gweithio ar fferm heddiw, rhowch 3 enghraifft o beryglon fyddai angen ichi fod yn ofalus ohonynt ac sy’n dod o dan y ddeddf.

*8. If you were working on a farm today, give 3 examples of possible hazards which you would have to be careful of and which come under the above act.*